

# Acu-hump<sup>®</sup> 10-Minute Stretching Routine

## What is Acu-hump

This is a massage stretcher.

Get the benefits of acupressure massage while stretching.





# Acu-hump

<b>Function:</b>	Acupressure massage & Stretching
<b>Applicable:</b>	Lower back to buttocks
<b>Size:</b>	13" length, 4.3" width and 5.5" height
<b>Stretching areas:</b>	<ul style="list-style-type: none"><li>● lower back - lumbar spinal</li><li>● SI joint</li><li>● psoas, hip flexor</li><li>● piriformis, glute</li><li>● hamstring, leg</li></ul>
<b>Time:</b>	10 minutes each time

## Details

### Frequency

1 time per day. You can adjust it to 3-4 times a week according to your own situation.

### Goals

Releases tightness and spasms in the lower back to buttocks area

### Things to know before execution

The purpose is to alleviate any discomfort, so if you experience any discomfort during stretching or usage, please stop immediately.

It is important to listen to your body and adjust the intensity and duration of use to your comfort level. As with any new tool or treatment, it is recommended to start with shorter durations and gradually increase the time as your body adapts.

## Adjust The Intensity

**On the floor:** This is the strongest way to get the most intensity from the press and stretch

**In bed:** The pressure received will be reduced. For people with severe tightness, or those who are afraid of pain, this is a great place to start.

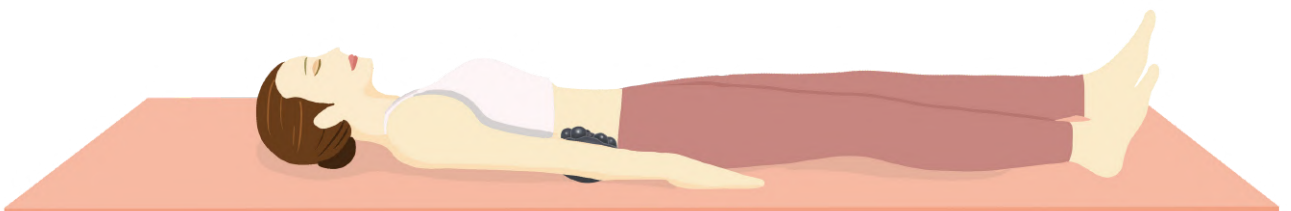
## 3 parts

- 10 minutes of complete stretching step
- Beginner
- Reference video



### 1# Warm Up - 30s

The Acu-hump is designed to specifically target the lower back and buttock muscles, providing a deep tissue massage and promoting muscle relaxation. By applying pressure to these tight and knotted muscles, the Acu-hump helps to release tension and improve blood circulation, ultimately aiding in pain relief and muscle recovery.

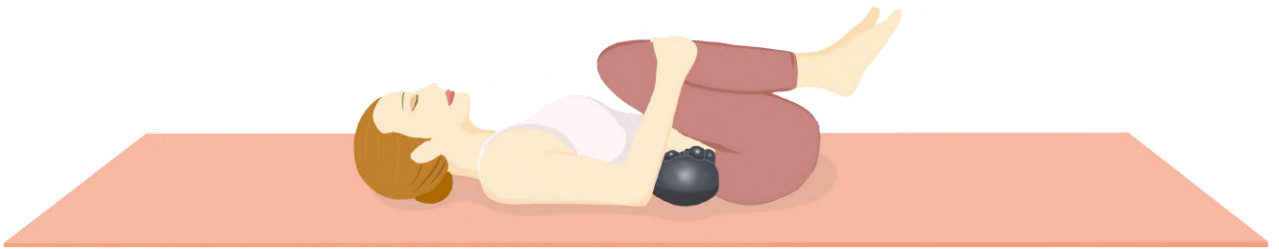


To use the Acu-hump, simply place it under your lower back with the taller side near your head and aligned with the QL muscles. Lie on top of the Acu-hump with your legs straight and allow the tool to work its way into the tight muscle tissue. As the Acu-hump applies pressure, you may experience some discomfort or intensity, particularly if the muscles are tightly bound. This sensation is an indication that the tool is effectively targeting and releasing tension in these areas.

## 2# Lumber Spinal - 2min

Step 1: Find a sturdy and firm surface, such as the floor, to lie flat on. This helps to apply enough pressure to release the muscles effectively.

Step 2: Place the Acu-hump massage stretcher under your spine, ensuring that the higher side is positioned near your head and aligned with the affected area. This proper alignment is crucial for targeting the specific area causing pain or discomfort.



Step 3: Hug your legs to your chest and hold this position for about 30 seconds. This gentle stretching motion helps to alleviate tension in the muscles of your lower back and reduce pain.

Step 4: Release your hands and straighten your legs while maintaining the position on the Acu-hump. Hold this new position for an additional 30 seconds. By doing so, you continue to stretch the muscles in your lower back, helping to improve circulation and bring relief.

## 3# SI Joint - 2 min

Step 1: Position the Acu-hump massage stretcher under your Sacroiliac (SI) joints, ensuring that the higher side is near your head and aligned with the affected area. This proper

alignment is crucial for targeting the specific area causing the pain or discomfort.

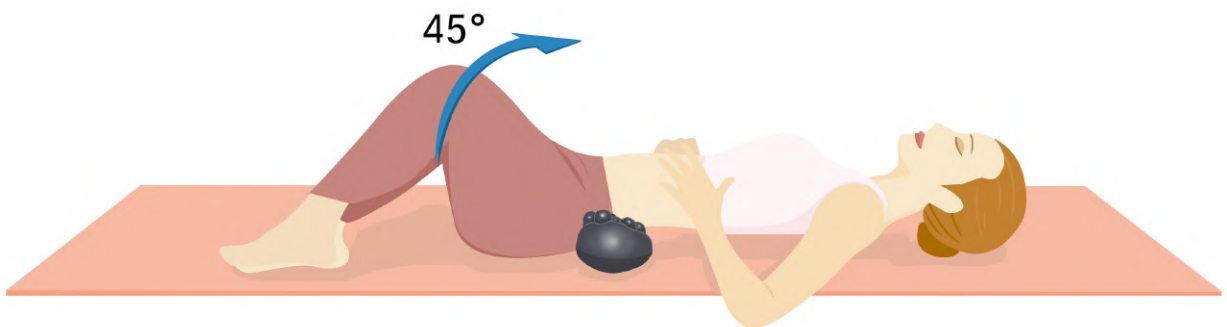
Step 2: Bend your legs and maintain a slightly wider-than-shoulder-width distance between your knees.



Step 3: Slowly swing both legs to the right, aiming to get them as close to the ground as possible. Maintain this position for 15 seconds before pausing for 5 seconds with the legs in the middle position.

Step 4: Perform the opposite motion. Gradually swing both legs to the left, attempting to bring them as close to the ground as possible. Hold this position for 15 seconds before pausing for 5 seconds with the legs in the middle position.

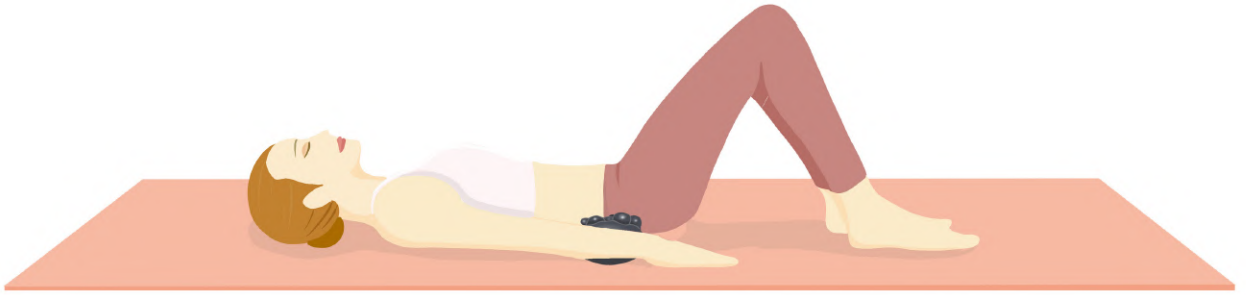
 Acu-hump



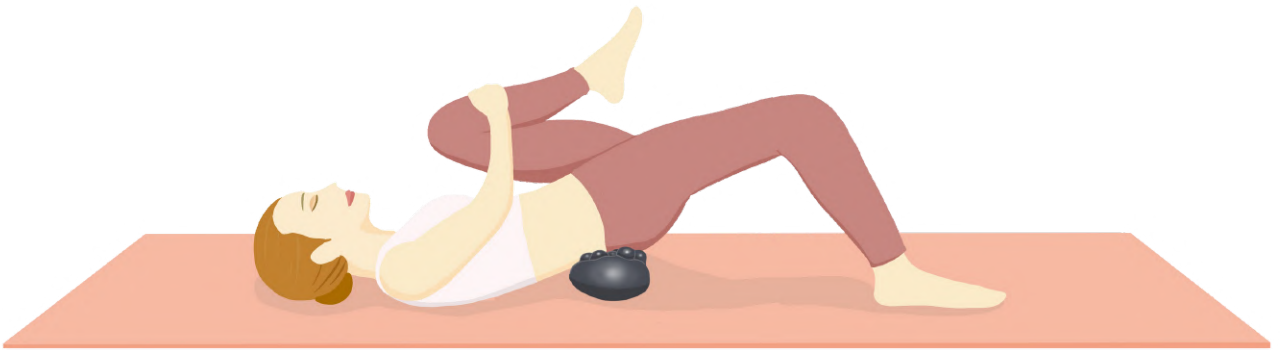
Step 5: Continue executing the movements for a duration of 2 minutes.

#### 4# Psoas & Hip Flexor - 2min

Commence by lying on your back, bending your knees, and keeping your feet a few inches away from your buttocks. Lift your hips while positioning the Acu-hump under your sacrum.



Plant your right foot firmly on the ground and draw your left knee towards your chest. Maintain this position as you gently push your left knee away from your body, to return your foot to the mat. Repeat this process for three deep breaths.



Then, switch sides and repeat.

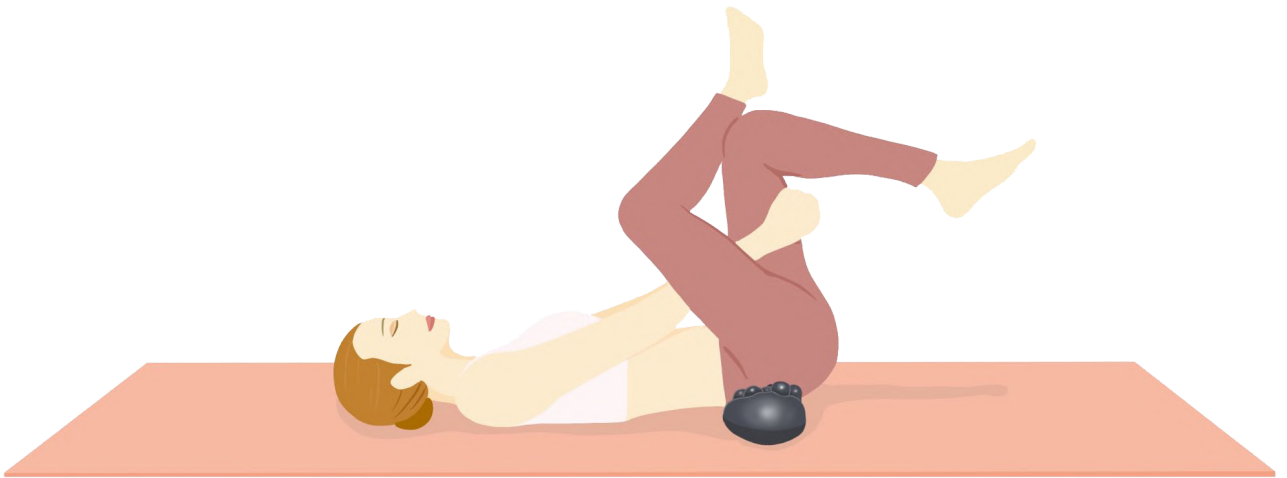
#### 5# Figure 4 Piriformis Stretch - 2min

Begin by lying on your back with your knees bent and both feet on the ground.

Place the Acu-hump under your buttocks, ensuring that the high side of the massage stretcher is facing your feet. This aligns the Acu-hump with the targeted area and optimizes the effectiveness of the stretch.

With your left foot still firmly on the floor, cross your right ankle over your left knee, forming a figure 4 shape. This position allows for a deeper stretch and helps alleviate pain and tightness in the hips.

Using your hands, gently pull your left thigh towards your chest while maintaining a bent right knee. This action further stretches the muscles in your hip and lower back, providing relief and improving flexibility.



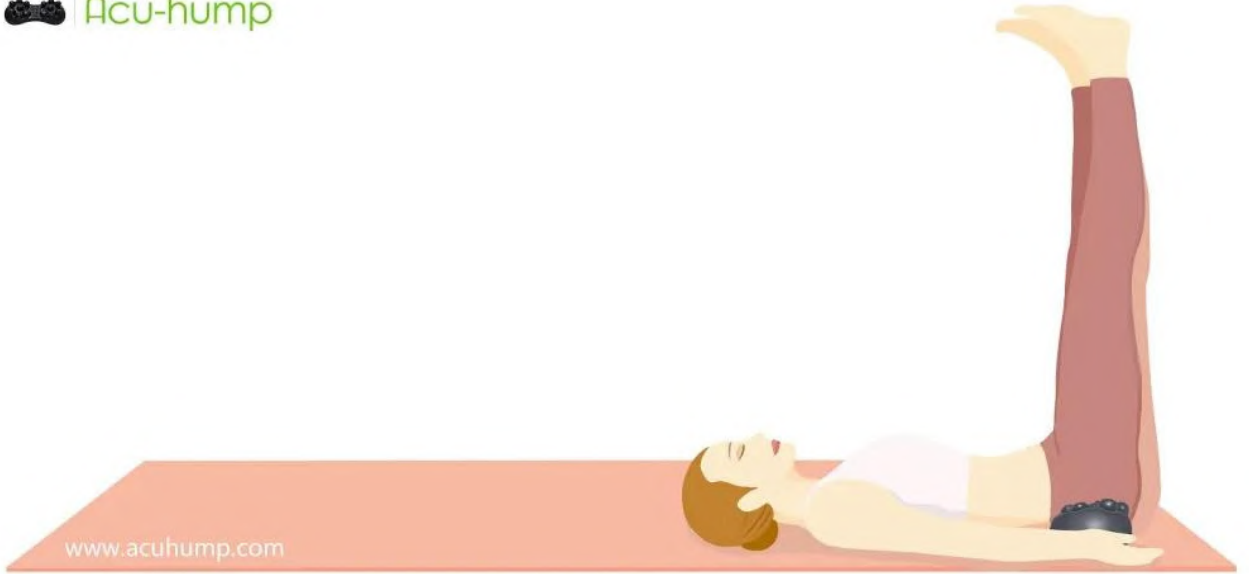
Hold this position for approximately 30 seconds, allowing the muscles to lengthen and relax. Breathe deeply and focus on releasing any tension you may be holding.

After the designated time, release the stretch and switch sides.

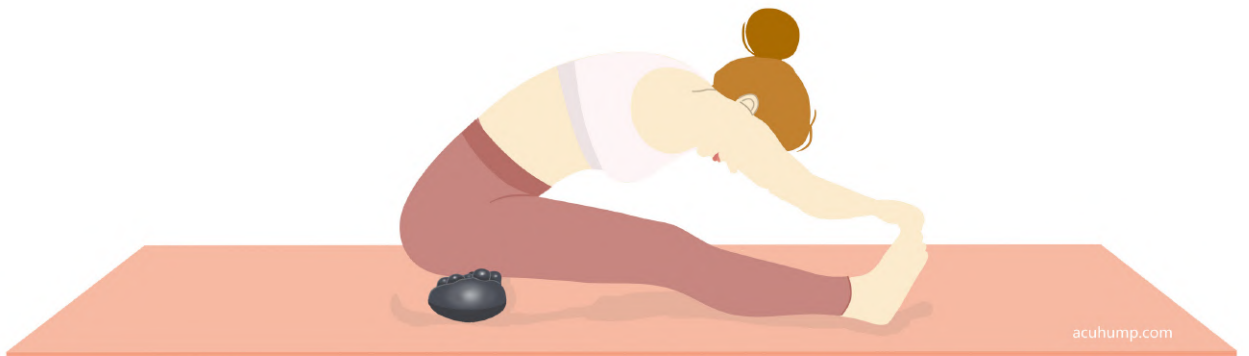
## 6# Hamstrings -1.5min

Leg stretches specifically target the muscles from the hips to the legs, aiding in muscle relaxation and relieving tension on the sciatic nerve. Consistently incorporating these stretches into your routine can help prevent or alleviate symptoms associated with conditions like piriformis syndrome or sciatica.

There are two variations of this stretch: lying down or sitting. You can choose the one that suits you best.



Lying Down Variation: Find a wall and lie down. Position the Acu-hump beneath your hips and straighten your legs against the wall.



Sitting Variation: Sit on the Acu-hump with the higher side towards the top of your thighs. Ensure your legs are straight as you reach towards your toes with your hands, maintaining maximum stretching potential.



Acu-hump



# BEGINNERS

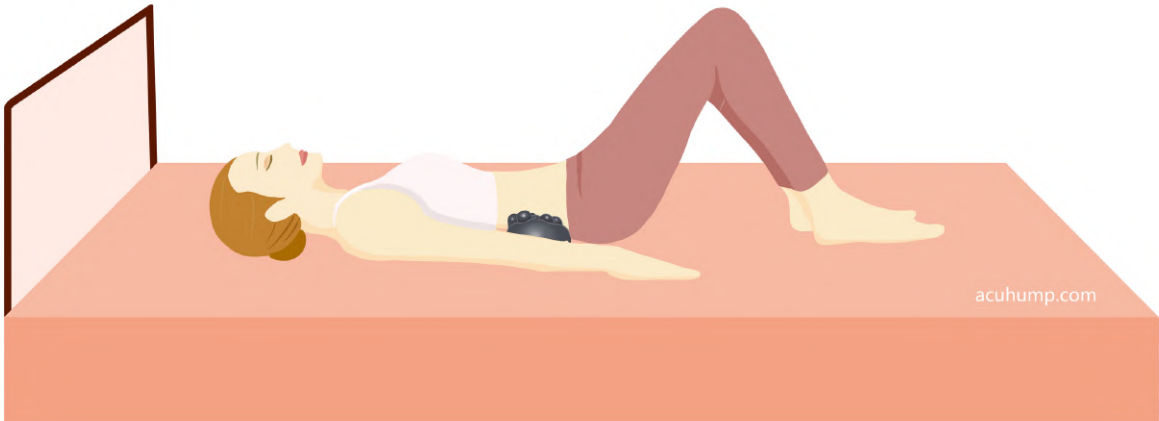
## *with Acu-hump*

### Applicable Audience

Beginners, or people with extremely tight muscles

### For Lower Back

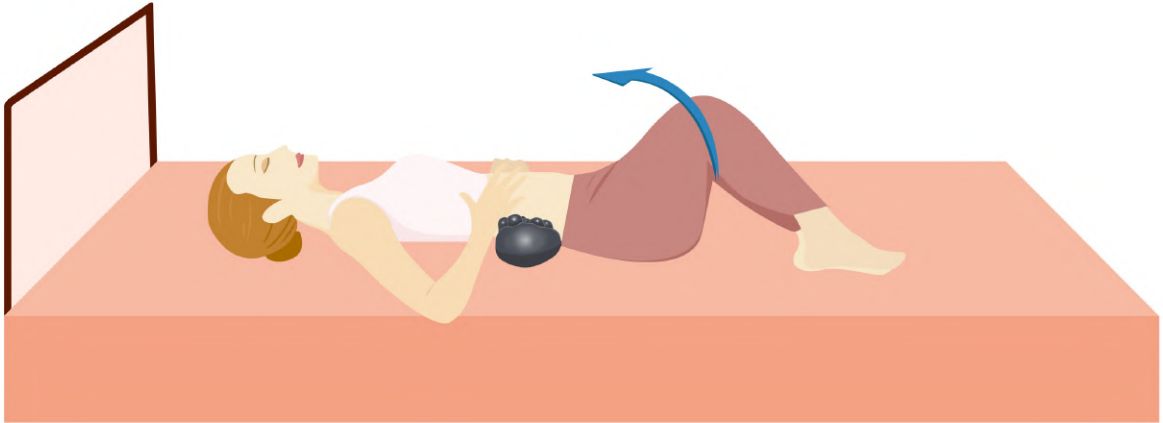
- Start by lying on the bed and bending your legs. Feel the muscle lengthening from Acu-hump.



- Swing your legs if you can. First swing 45° to the right, as close to the bed as possible, hold for 15 seconds. Then return the legs to the original position and rest for 5 seconds. Then swing your legs to the left. Repeat for 2 minutes.



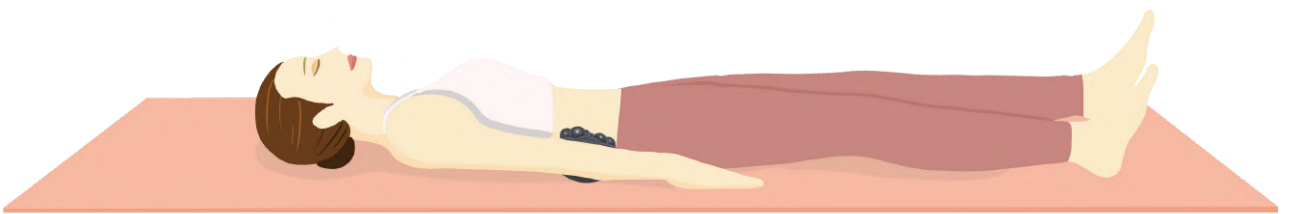
# Acu-hump



Generally after 3-4 uses, you can try to perform the above actions on the ground.



Once you've accepted 🙄 that, try 🙌 even legs and perform a 10-minute stretching routine.



 Buy On Amazon



# Acu-hump

## For Buttocks

You can put it on a chair and sit on it. You can put it on the floor and sit on it.



[Glute Stretching and Massage for Lower Back Pain - YouTube](#)

 Buy On Amazon



# Acu-hump

## Reference

Acu-hump  
Acupressure Massage & Stretch Tool

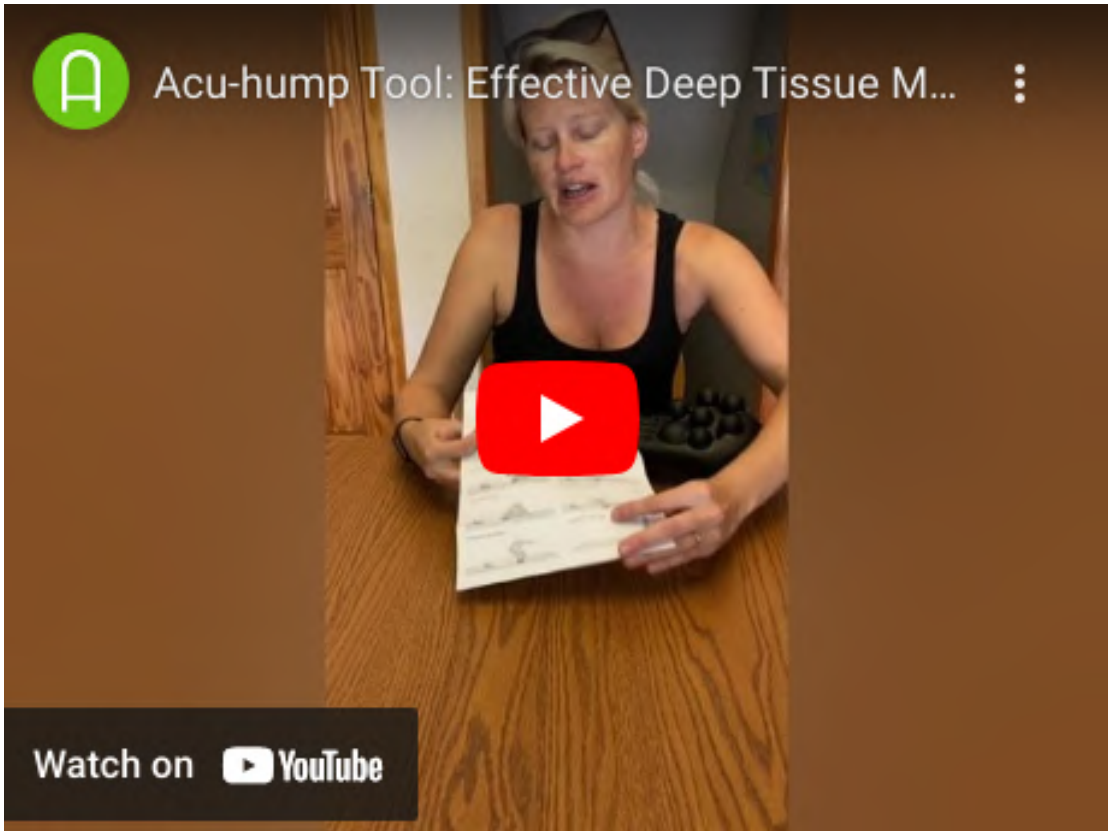
## Videos

[Subscription: Acu-hump Sciatica Massage Tool - YouTube](#)



[Stretches for Pinched Nerve in Lower Back | Acu-hump Acupressure Massage Tool - YouTube](#)

 Buy On Amazon



[Acu-hump Tool: Effective Deep Tissue Massage and Enhanced Stretching for the Piriformis and Sciatica - YouTube](#)





 Buy On Amazon

[Acu-hump Product Introduction - Ultimate Solution for Your Low Back Pain - YouTube](#)



[Better Than Tennis Ball Massage Therapy for Hip, Piriformis, Butt - YouTube](#)

## Disclaimer

The information provided is for general purposes only and does not constitute professional advice. The effect of any treatment or intervention may vary among individuals due to personal factors, health conditions, and other variables. It is important to consult with qualified healthcare professionals or specialists for personalized guidance and recommendations. We do not assume any responsibility for the outcomes or consequences that may arise from the use of the information provided.



# Acu-hump

Order now at  
[amazon.com](https://www.amazon.com) >